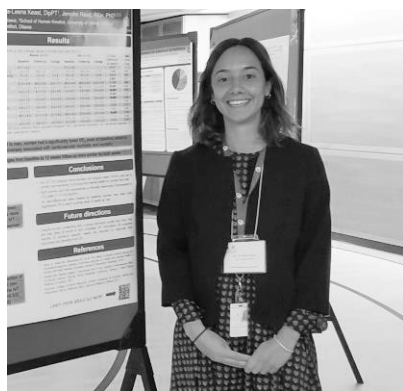




Canadian Women's Heart Health Alliance

Advocacy Working Group | Member Profile



Sol Vidal Almela, MSc

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Cardiac Prevention and Rehabilitation
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Alliance member since 2021

Biography

Originally from Spain, I am a PhD candidate in Human Kinetics with a strong background in clinical exercise physiology, four peer-reviewed publications (1 first author, 3 second author), and driven by exercise science research. I want to continue advancing our understanding of sex- and gender-based differences in the response to acute and chronic exercise in clinical populations such as patients with heart disease. During my clinical placement as part of my MSc in Clinical Exercise Physiology I assisted with cardiac and respiratory rehabilitation classes. Together with my previous jobs as a health advisor, these “real-world” experiences allowed me to observe the vast benefits of exercise on health. My passion for cardiac prevention and rehabilitation and women’s heart health has motivated me to join the Canadian Women’s Heart Health Alliance.

I have been an integral member of the University of Ottawa Heart Institute (UOHI) Trainee Committee for two years where I participate in monthly meetings to organize activities for trainees such as the Cardiovascular Research Day conference. This year I was also elected Work-in-Progress Rounds Coordinator, where I demonstrate my leadership skills every week in organizing virtual presentations with 30-40 trainee attendees, and I am an Equity, Diversity and Inclusion representative of the UOHI Trainee Committee. I will transfer the skills that I have developed during these years to the Alliance. Further, I am a strong advocate for gender equality.